BRIMFIELD COA DECEMBER 2026 **Greater Springfield Senior Services, Inc.** **COMMUNITY DINING MENU UPDATED 11/05/2026**

For Reservations or Cancellations call by 11:30 a.m. the day before at 245-7253. Suggested voluntary donation $3/meal

Monday	Tuesday	Wednesday	Thursday	Friday
Total Sodium & Calories include regular dessert, milk(105mg Na) &margarine(30mg Na). **Key for Symbols:** Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	**1** Turkey Swedish Meatballs(480) Egg Noodles(7) Broccoli(38) Whole Grain Cornbread(180) Fresh Fruit(0) Cal:798 Carb:102 Na:840		**3** Chicken Anna Maria(338) Mashed Potatoes(23) Carrots(56) Wheat Bread(65) Chocolate Pudding(135) Cal:760 Carb:82 Na:752	
	8 Honey Jerk Shrimp(577) White Rice(25) Stewed Beans(232) Wheat Bread Chilled Pears(0) Cal:707 Carb:109 Na:1034		**10** Southwest Beef & Bean Chili(366) California Blend Veg(34) WG Cornbread Bowl(160) Fresh Fruit(0) Cal:842 Carb:198 Na:791	
	15 Chicken & Veg Stir Fry(307) White Rice(25) California Blend Veg(34) Wheat Roll9150) Vanilla Pudding(130) Cal:744 Carb:89 Na:781		**17 HOLIDAY MEAL /HIGH SODIUM DAY** Maple Glazed Ham(585) Roasted Potatoes(85) Broccoli(38) Cranberry Roll(250) Cherry Pie(290) Cal:960 Carb:148 Na:1385	
	22 American Chop Suey(387) Carrots(56) Wheat Roll(150) Orange(0) Cal:712 Carb:76 Na:728		**24** Tuscan White Fish(413) Rice Pilaf(50) Broccoli(38) Wheat Roll(150) Oatmeal Cookie(90) Cal:730 Carb:79 Na:876	
If you have a special concern regarding the sodium, contact the Nutritionist. **Call GSSSI 781-8806 X 1136 for more information.**	**29 HIGH SODIUM MEAL** Hot Ham & Cheese*(744) On Whole Grain Croissant(190) Sweet Potato Tots(200) California Blend Veg(34) Fresh Fruit(0) Mustard(55) Cal:710 Carb:96 Na:1328		**31** Homemade Crispy Chicken(185) Baked Beans(170) Beets & Greens(117) Cornbread Loaf(180) Chocolate Brownie Cookie(115) Cal:1006 Carb:120 Na:902	